

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Creamy Pumpkin-y Soup for a Warm and Comforting Dinner!

### Make a Batch for the Freezer:

#### Spicy Sweet Pumpkin Soup

- 2 TB Olive Oil
- 2 TB Unsalted Butter
- 2 Large Yellow Onions, chopped
- 1 Large Red Pepper, chopped
- 3 Cloves Garlic, grated
- ¼ Tsp Crushed Red Pepper
- ¼ Tsp Cayenne
- 1 TB Garam Masala
- ½ Tsp Ground Coriander
- 1 Tsp Turmeric
- 3 (15 oz) Cans Pumpkin
- 5 Cups Veg Broth
- 2 Cups Coconut Milk
- 2 TB Maple Syrup
- 1/2 Cup Nonfat Greek Yogurt
- Toasted Pumpkin Seeds

**Step One** Melt butter and oil in a stockpot over medium-high heat. Add the onions and pepper and

cook, stirring often, until softened, about 8 minutes. Add the garlic and spices and stir for a minute more.

**Step Two** Stir in the pumpkin and the broth. Bring to a boil, reduce the heat, and simmer for 10 to 15 minutes.

**Step Three** Using an immersion blender, blend until smooth. Add the maple syrup and coconut milk and cook and stir over low heat until warm. Remove from the heat, place in the bowls and swirl in the yogurt – top with the pumpkin seeds.

**And Check out these FAVORITES from past Friday Fours:**

**Luscious and Lighter Seafood Gumbo**  
011510

**Flavorful Black Bean and Turkey Chili**  
022009

**Creamy Pumpkin Leek and White Bean Soup** 103108

If you like rich creamy Chards with a big mouthfeel - look no further. This excellent bargain white is a great compliment to creamy soups and stews, with apple and pear aromas and a finish of delicious oaky spices.

## 2 Kitchen Smidgen

Red Bell Peppers are some of my favorite vegetables! Whether sauteed, roasted, stuffed or raw, they provide a big burst of flavor and color to any dish. But not only are they beautiful, they are full of nutrition as well. One cup of chopped Red Pepper has over 100% of the daily value of both vitamin C and A in addition to 30 different carotenoids that are being studied for their beneficial antioxidant and anti-inflammatory properties.

## 3 Get Creative

Eat up the Bell Peppers! They are a fantastic addition to any soup or stew, and sliced thinly can slide into a sandwich for a flavorful crunch. I love to roast them when they are on sale. Peel them and then put the peppers in a zippy bag. Roll them up tight and pop them in the freezer. They will stay good for 6 months!

## 4 WINE of the Week

### Beringer Chardonnay

Napa California  
About \$10.00 at Publix